MY HOLY COMMUNION

by
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Cum permissu superiorum

GOD wants to come and dwell with us.

He wants to unite Himself with us.

When He comes to us in the Host, we call that Holy Communion.

Let Jesus come, and welcome Him when He comes.

Jesus loves us very much.

"Come to me," He invited us. He also said, "Let the little children come to me."

He knows that we need Him and all His gifts.

He gives us life and our home and parents.

He gives us our bodies and our souls and health.

He will give us His grace and help all our lives.

He will give us, if we let Him, Heaven.

But in Holy Communion, He gives us Himself, and He is the way to Heaven, to the truth we must know, and to perfect life.

It was at the Last Supper that He first gave us Himself.

He took bread, and He said, "This is my Body."

He took the chalice of wine, and He said, "This is my Blood."

"Take ye and eat," He then said, and He gave Himself to the Apostles.

So He united Himself with them and became their Bread of Life.

That was the very first First Communion.

When we receive the Host, we receive the Body and Blood of our Savior.

We hold Jesus in closest union. That is why it is called Comm-union.

Before we go to Holy Communion, we free our souls from all sin.

We want our souls to be sweet and clean when Jesus enters them.

Regularly we go to Confession and tell our sins to the priest.

But each time we go, we tell Jesus we are sorry for sins.

"Forgive me, dear Jesus. You have been good, and I have offended you."

"I do not want to cause you pain. I do not want to be kept long out of Heaven."

"Please make me worthy to welcome you into my soul."

The perfect preparation for

Holy Communion is Mass.

Mass is the Last Supper repeated.

So we try to assist prayerfully at Mass.

But we also make special prayers.

"Jesus, I believe you are present in the Host."

"Jesus, I hope you will come to me, for I want you very much."

"Jesus, I love you, and I hope you love me."

"Jesus, you will be so very welcome when you come."

We think about who it is that visits us.

We think of the things we want to ask Him when He comes.

When the bell rings for Holy Communion, we fold our hands and quietly walk up to the altar rail.

We do not hurry or push or interfere with others.

If there is an altar cloth, we lift it toward our chins.

When the priest comes, we tilt our heads back.

We close our eyes and keep them closed.

We put out our tongues quietly and wait for the Host.

Then we swallow the Host without hurry, and, hands still folded, we leave the altar rail and walk back to our pew.

When we return to our pews, we make a good Thanksgiving.

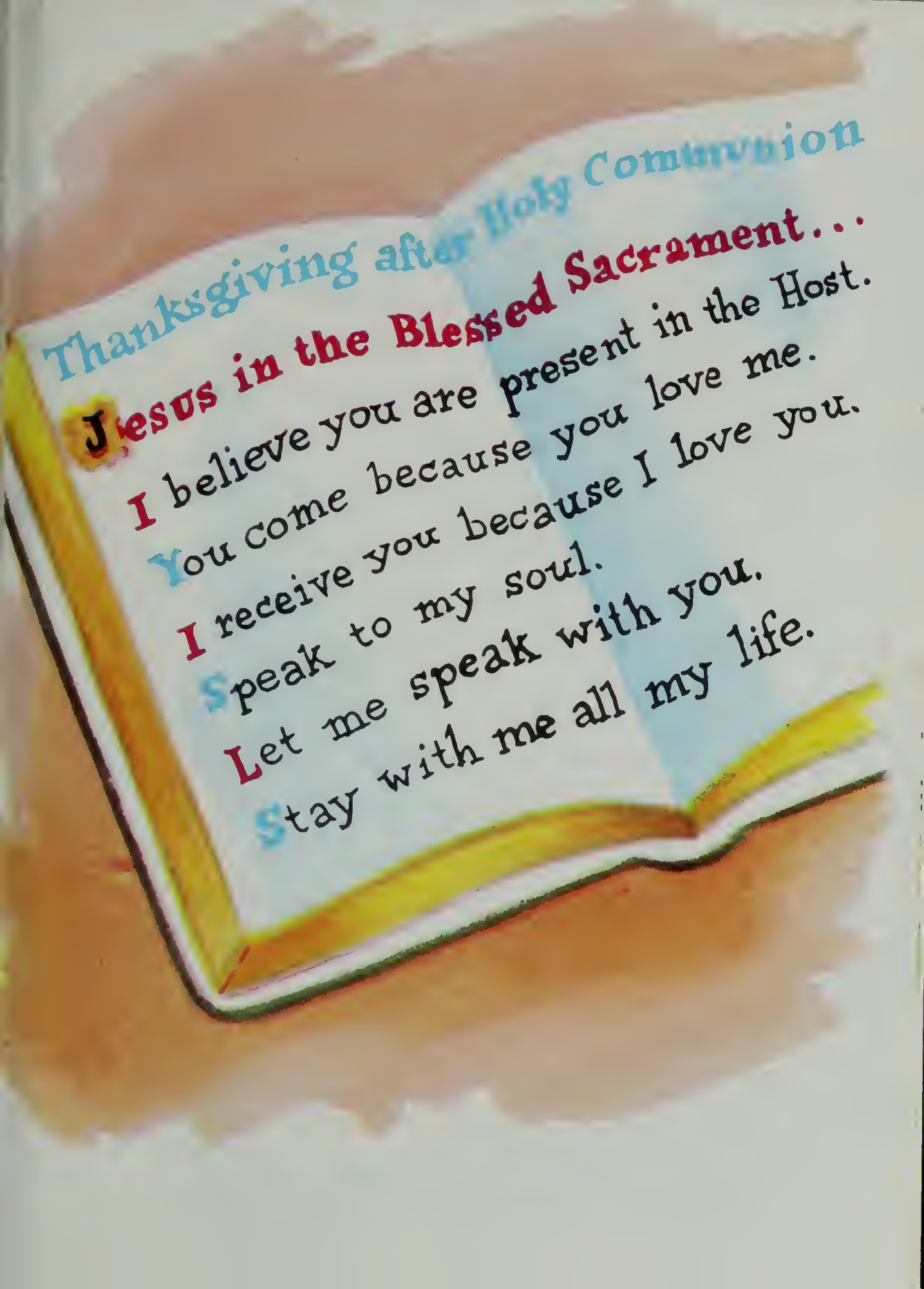
We can use a prayer book if we wish. Or we can simply talk to Jesus, who is now living within us.

"Dear Lord, how glad I am that you have come to me."

"Dear Jesus, I love you very much; help me to love you more."

"Dear Jesus, speak to me, for I believe whatever you tell me."

"Dear Jesus, I want you to stay with me always, from now until I see you forever in Heaven."


Thanksgiving after Holy Communion
Jesus in the Blessed Sacrament...
I believe you are present in the Host.
You come because you love me.
I receive you because I love you.
Speak to my soul.
Let me speak with you.
Stay with me all my life.

Jesus has come to us because He loves us and wants to give us His best gifts.

So I ask Him for all that I need for myself.

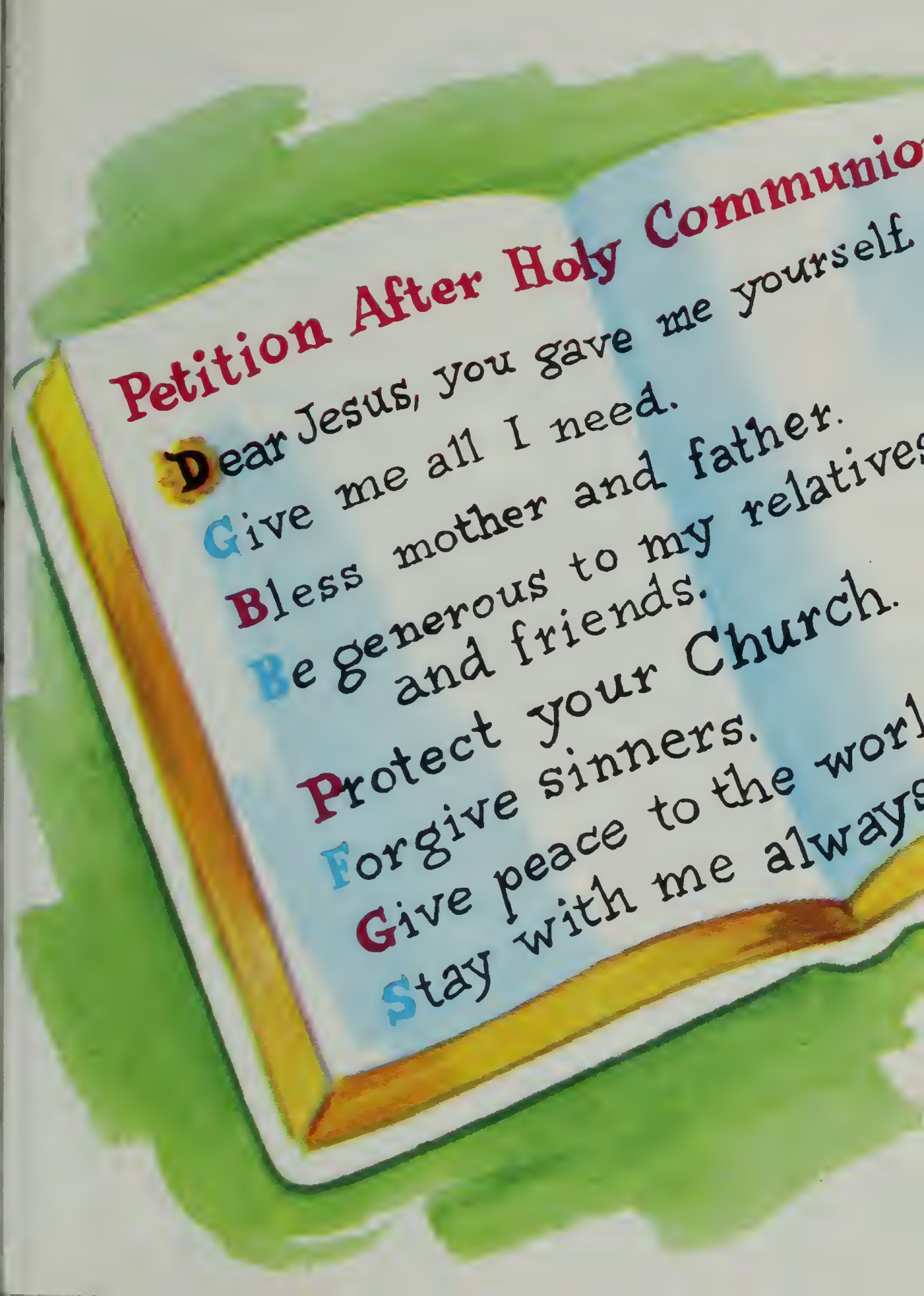
I beg Him to bless my parents and relatives.

I ask Him to take care of the whole world.

I beg His grace for sinners.

I pray for other little boys and girls like myself.

Dear Jesus, you will come to us in Holy Communion as often as we let you.


Petition After Holy Communio
Dear Jesus, you gave me yourself
Give me all I need.
Bless mother and father.
Be generous to my relatives
and friends.
Protect your Church.
Forgive sinners.
Give peace to the worl
Stay with me always

So we want to receive you often.

You will come to us as we grow up to give us strength.

You will come to take care of us in temptation.

When we are sick, the priest will bring you to our homes.

Wherever we go, whatever city or country we visit, we shall find you there.

And in the end, please come to us in the Last Sacraments to lead us through life and death to Heaven.

Jesus, I believe you are present in the Blessed Sacrament.

You said, "This is my Body . . . This is my Blood," and I believe you.

Jesus, I beg you to come to me often in Holy Communion.

Jesus, I love you very much; make me love you more.

Jesus, come to me with all your gifts and blessings.

Jesus, stay with me all the days of my life.

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